Adversity after captivity

Kidnapping victim Elizabeth Smart to speak about surviving extreme trauma PAGE 2

BRAND'S NOT JOKING AROUND

COMEDIAN DEFENDS EX KATY PERRY BY SCOLDING A HECKLING FAN PAGE 9

REGINA metro®

Tuesday, May 8, 2012

News worth sharing.

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Premier takes Mulcair to task on Twitter

Retaliation. Federal NDP Leader Thomas Mulcair's comments about the oilsands did not sit well with Brad Wall

Premier Brad Wall is using Twitter to poke at federal NDP Leader Thomas Mulcair.

Wall takes issue with comments Mulcair made over the weekend while discussing the oilsands.

The NDP leader told a CBC radio program that the oilsands are artificially inflating the Canadian dollar and hollowing out the country's manufacturing sector.

He called it the definition of Dutch disease — a reference to the Netherlands and how a natural gas find in that country led to declines in manufacturing in the 1960s.

NDP Leader Thomas Mulcair. THE CANADIAN PRESS

While the oilsands are largely an Alberta issue, Saskatchewan's economy is heavily dependant on resource revenue and Wall says he wants Mulcair to explain himself.

He says if Mulcair thinks the oilsands are a disease, Wall wants to know what the NDP thinks the cure is.

Mulcair told the radio program he wants to see the oilsands developed in a responsible way that sees more refining done in Canada and less raw product sent abroad.

THE CANADIAN PRESS

Twitter

@PremierBradWall

If @ThomasMulcair thinks a strong resource sector is a "disease," what is his "cure"? Higher resource taxes? NDP needs to explain. #cdnpoli

@PremierBradWall

@ThomasMulcair calls the strength of our resource sector a "disease" Resources have been the cure not the problem, NDP

Oilsands debate

- **Ongoing issue.** NDP Leader Thomas Mulcair is not the first Canadian politician to raise the issue of the high Canadian dollar and the oilsands.
- **Criticism.** Ontario Premier Dalton McGuinty drew the West's scorn earlier this year when he said he preferred a lower dollar to a growing oil and gas sector in Western Canada.
- **Rebuttal.** McGuinty's remarks were characterized as unnecessarily divisive by Alberta Premier Alison Redford, who argued the whole country benefits by supplying goods to a strong resource sector.
- **Backtracking.** McGuinty later tried to tone down his remarks, saying he is proud of the work being done in all parts of the country.

In between taking pokes at federal NDP Leader Thomas Mulcair on Twitter, Premier Brad Wall was on hand Monday to help celebrate the latest phase of the CLS distribution centre and transportation hub in Regina. Wall says the mammoth business-logistics centre is helping support Saskatchewan's expanding economy. The massive warehouse serves as a distribution centre for a major chain of grocery stores in the province and services the trucking industry.

CARRIE-MAY SIGGINS/METRO REGINA

Defence's parting shots

The lawyer for accused murderer Michael Rafferty paints Terri-Lynne McClintic as a liar and the killer of eight-year-old Victoria Stafford in his closing arguments in a London, Ont., courtroom

PAGE 4

Dispelling the Marley myth

Unearthing sources like a schoolteacher, half-sister and childhood friend, a new documentary about Bob Marley re-examines his life, revealing what the great reggae legend was like as a man, father and lover

PAGE 8

Giroux on the sidelines

Flyers star Claude Giroux receives a one-game suspension for his hit on New Jersey's Dainius Zubrus

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NEWS

On the web

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

More bite in the kitchen

Saucy sisters and authors of the Bite Me cookbook have taken their fun and easy cooking style to paperback once again. Julie Albert and Lisa Gnat have collaborated on Bite Me Too, a cookbook peppered with humour, trivia, pop-culture references and user-friendly recipes. Read more at metronews.ca

Mobile news

After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

Elizabeth Smart speaks to a packed house April 23, 2012, in Kirksville, Mo., sharing her insight to overcoming extreme adversity in a traumatic situation. Smart was found nine months after her well-documented abduction in 2002. AL MAGLIO/THE ASSOCIATED PRESS

Elizabeth Smart here in Regina

Talk. Former kidnapping victim speaks about her horrific experience and offers hope to those looking adversity in the eye

CARRIE-MAY SIGGINS
carrie-may.siggins@metronews.ca

Former kidnapping victim Elizabeth Smart is coming to Regina's Conexus Arts Centre Tuesday evening to give a talk on her experiences and overcoming adversity.

On June 5, 2002, Smart was abducted at knifepoint from her home in Salt Lake City, Utah, at the age of 14.

She was held captive for nine months by religious fanatic Brian David Mitchell and his wife, Wanda Barzee. Smart recently confirmed publicly that Mitchell had abused her repeatedly during her captivity.

The kidnapping caused an international media sensation, which the Smarts utilized to help in the search.

The day after the story aired on America's Most Wanted, a biker spotted Mitchell traveling with two others and alerted the police.

In the 11 years since her return, Smart has gone on to create her own foundation to help young victims of crime.

She's also a contributor to ABC News and a touring inspirational speaker.

Smart will be speaking at 7 p.m. on Tuesday. Tickets are $15 to $25.

Follow Carrie-May Siggins on Twitter @MetroCarrieMay

Kidnapping facts

- Elizabeth Smart spent three days on the witness stand describing her nine-month ordeal in detail.
- Smart, now 24, described her abductor, Brian David Mitchell, as a crude and vulgar person who used religion to justify his actions.
- Attorneys for Mitchell, convicted for the kidnapping and rape of Smart, did not appeal his conviction.

White Bear

RCMP probe death of baby girl

Saskatchewan RCMP major crimes officers are part of the investigation into the sudden death of an infant girl.

Police say the three-month-old girl was found to be unresponsive Sunday at a house on the White Bear First Nation near Carlyle.

The girl was pronounced dead at the hospital in Arcola.

An autopsy is scheduled for Wednesday to determine the cause of death.

RCMP are currently taking witness statements.

The RCMP Regina forensic identification units and the provincial coroner are assisting with the investigation.

THE CANADIAN PRESS

Regina MCC Thrift Shop

More than just a fashion show

The Regina MCC Thrift Shop and the Regina Home Economics for Living Project are holding a Spring Fashion Show and Sale on Saturday from 2 to 5 p.m. at Parliament Community Church on Pasqua Street.

There is a door prize for each ticket holder, a penny parade and silent auction with interesting items to bid on, as well as a mini-thrift shop where you can purchase some of the outfits modeled in the show.

The fashion show is a joint fundraising event by the Regina MCC Thrift Shop and Regina Home Economics for Living Project (HELP).

Advance tickets are $15. Tickets at the door are $20. Proceeds from the show go to the MCC Project in Nigeria.

For more info, call HELP at 347-7877. METRO

New web series. Local actress does her own thing

David Milchard and Amy Matysio in a scene from inSAYSHAble. The Regina actress' new web series starts Wednesday. EMERSEN ZIFFLE/CONTRIBUTED

Three years in the making, a new comedy web series is being launched Wednesday at the Artesian Theatre called inSAYSHAble.

Created, co-written and starring homegrown talent Amy Matysio, the seven-part series will premier online on May 9.

The storyline is about 30-something Saysha Grabinski, a temp worker who can't help but get fired from every job she's assigned. Each five-minute episode starts with the character at a different employer and ends with her inevitable termination from the job.

Matysio, who starred in the hit Comedy Central series Single White Spenny and was included in Playback Magazine's Top 10 To Watch list in 2010, says the lead character is quite the train wreck.

"It's about a girl trying to figure out how to grow up in her 30s," says Matysio.

A few of Canada's top up-and-coming talents helped create the series, including director Jeff Beesley, who has helmed episodes of Corner Gas, Little Mosque on the Prairie and Insecurity.

Toronto actress Christine Sicoli co-wrote the show and makes an appearance, and the series was produced in association with Regina's Mind's Eye Entertainment.

Matysio says a few years ago, she found that the material she was receiving wasn't totally inspiring her, so she decided to create a show herself.

Web series often have a reputation for simply being a performer's calling card for TV broadcasters looking for prime talent. Matysio admits that inSAYSHAble would make good TV, and that the web is a good format to display one's skills for broadcasters. But she says there are plenty of reasons why the web itself is an excellent format for episodic comedy.

"Online, the boundaries are limitless," she says. "You can imagine big things for these characters, because they do live in a world of their own. Anybody can connect with it, anybody can go online and watch it."

CARRIE-MAY SIGGINS/METRO

Casinos have some tips for the gambler in you

How to play nice.
Gaming halls hold information evenings

From May 7 to 11, casinos Regina and Moose Jaw will host information sessions where you can learn about key gaming concepts such as randomness and the house advantage, and explore the truth behind common gambling myths.

"SaskGaming is mandated to offer casino gaming in a socially responsible manner," Ken Cheveldayoff, minister for Saskatchewan Gaming Corporation, said in a news release. "

SaskGaming's program includes mandatory gaming training for all employees, Responsible Gaming Information Centres on the floor at casinos Regina and Moose Jaw, an option for patrons to exclude themselves from the casinos for a specified period of time, and other security safeguards.

The gaming floor at Casino Regina. CONTRIBUTED

"Responsible gaming is built into everything we do at SaskGaming," SaskGaming president and CEO Twyla Meredith said in a news release. "Our program combines industry-leading technology with a personal, guest-focused approach to help players make responsible choices and provide links to available support services if there is a problem."

For more on SaskGaming's responsible gaming program, go to saskgaming.com.

METRO

G20 Young Entrepreneur Summit.
Meet the only Saskatchewan rep going

Saskatoon's Bryan McCrae, 25, first made waves in the business world when he, along with his two business partners at 3Twenty Solutions Inc., scored a successful deal on Dragons' Den.

Now, he's been hand-selected to represent Saskatchewan at the G20 Young Entrepreneur Summit (YES) in Mexico City, June 3 to 5.

"I'm really excited," McCrae said. "It's an opportunity to network with other young entrepreneurs from Canada and from around the world."

McCrae is one of 22 Canadian delegates attending the summit. He is the only representative from Saskatchewan.

"In Saskatchewan we've got resources and we've got people. And as we grow we have to place an emphasis on business," said McCrae. "Through building relationships with my colleagues at the summit, we can grow the world in the right direction.

"Young entrepreneurs are a key catalyst in taking on some of the world's major issues like hunger and poverty."

The summit allows young business leaders from all G20 countries a chance to discuss issues, collaborate and brainstorm new ideas about how governments and businesses can better support young entrepreneurs.

Bryan McCrae lounges in one of the modular units created by his company 3Twenty Solutions Inc. CONTRIBUTED

Vivian Prokop, chief executive officer of the Canadian Youth Business Foundation and founding chair of the G20 Young Entrepreneurs' Alliance, said that the delegates were selected to accurately represent the voice of young entrepreneurs in Canada.

"They are all mavericks; passionate about innovation, entrepreneurial leadership and building the strongest possible culture of entrepreneurship in Canada," said Prokop. "They will wow the world at the G20 YES in Mexico City and will return with indispensable international connections and a fresh perspective on entrepreneurial innovation."

McCrae said that he hopes to "bring back a global perspective on how other G20 countries see entrepreneurship as a solution to stimulate economic activity."

This is the fourth international G20 Young Entrepreneur Summit and it happens just before the 2012 G20 Summit June 18 to 19 in Los Cabos, Mexico.

JANE CAULFIELD/METRO

Summit history

- The G-20 Young Entrepreneur Summit was founded by the Canadian Youth Business Foundation in 2010.
- The first summit hosted more than 200 global business leaders. More than 400 are expected this year.
- The G20 Young Entrepreneurs' Alliance was formed in 2010 at the inaugural G20 YES.

One-member, one-vote process

NDP leadership convention slated for Saskatoon

Saskatchewan New Democrats will hold a leadership convention Sat., March 9, 2013, in Saskatoon at TCU Place.

A regular annual party convention will also take place at the same location on Fri., March 8 and Sun., March 10.

"We're looking forward to an exciting weekend in Saskatoon next March," said Deb Higgins, chair of the leadership contest committee. "We expect a diverse field of candidates, thoughtful speeches and lots of energy on the floor as the results of each ballot are announced."

Anyone can register to attend the leadership convention.

THE CANADIAN PRESS

Ira Lee workshops his hip hop

Regina's own hip-hop recording artist Ira Lee, shown here during a performance last year at the Pointephemere in Paris, is currently on a Canadian youth "workshop tour," sponsored by the Canadian Council of the Arts. He was in town on Sunday and his next workshop is on Wednesday at Fort Qu'appelle. All workshops are free with a food-bank donation. Lee will be releasing a new album later this fall. CONTRIBUTED/IRA LEE

MAY 15, 2012
BRING YOUR CAMERA
We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome.
Read more at aday.org. Let's picture the world. Together.
Founding partner
VINGE
snapfish
SWECO
VASAKRONAN
DN.
ADAY.ORG

Peres. Israeli president lauds 'always positive, never indifferent' Canada

Shimon Peres thanked Stephen Harper for his staunch support of Israel, and Canada for its 60 years of friendship Monday as the Israeli president began a full state visit.

"I sense that Canada is always positive, never indifferent, never neutral," Peres said during his official welcome by the Governor General at Rideau Hall.

The Nobel laureate has been a fixture in Israeli politics since 1959, serving in 12 cabinets and twice as prime minister. He is currently the country's head of state — a largely ceremonial role — but remains an influential figure and a perceived leavening voice to hawkish Prime Minister Benjamin Netanyahu.

The president's five-day trip to Canada began as Netanyahu called an early national election amid talk of an "existential threat" to Israel from Iran's nuclear program.

Peres has expressed reservations about a pre-emptive strike against Iran, and his language upon arriving in Canada was that of the diplomat who won the Peace Prize in 1995 for his work with Yasser Arafat and Yitzhak Rabin on the Oslo Accords.

Israeli President Shimon Peres with Prime Minister Stephen Harper. ADRIAN WYLD/THE CANADIAN PRESS

"Canada offers a new beginning, building bridges and closing gaps," Peres, who turns 89 in August, said at Rideau Hall.

"Israel, which is a start-up nation, breathes your air with real thirst."

Escorted up the Rideau Hall drive in brilliant spring sunshine by four mounted RCMP officers, Peres later planted an Eastern White Pine — known by the Iroquois as the Tree of Peace — on the grounds.

The Israeli president was greeted by the prime minister in the rotunda of Parliament's Hall of Honour.

THE CANADIAN PRESS

Hearing. Corporal's mother alleges military tapes were doctored

A hearing into the suicide of a young soldier was thrown off course Monday by allegations that tapes of the military's interviews with his family were doctored.

Cpl. Stuart Langridge's mother told a Military Police Complaints Commission hearing that portions of her interviews with military investigators appear to be missing from audio recordings.

Sheila Fynes' allegations came as she was questioned over her dealings with the military and what she was told by them in the months after her son's death.

Lawyers suggested some of her interactions with them weren't reflected in transcripts of interviews, but she says the tapes appear to have been altered.

The hearing into Langridge's death was called because of complaints by the Fynes family that the military's investigations were biased and focused on exonerating the Forces. THE CANADIAN PRESS

New campaign

Conservationists take on budget

Canadian conservation groups have launched an anti-budget campaign condemning federal changes that they say will weaken the country's environmental safeguards.

The David Suzuki Foundation, Greenpeace and Equiterre, among others, are involved.

THE CANADIAN PRESS

NDP view

Break up the omnibus budget bill: NDP

The New Democrats want the government's omnibus budget bill broken up to allow more detailed scrutiny. They say the bill is supposed to be budget legislation, but it deals with changes to environmental assessment.

THE CANADIAN PRESS

Deborah Murphy, mother of Michael Rafferty, walks from court on Monday during a break at her son's murder trial. DAVE CHIDLEY/ THE CANADIAN PRESS

McClintic a liar, argues defence

Michael Rafferty trial. Accused's mother claims outside court that her son is not guilty of killing Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child, when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested. For McClintic to testify otherwise is "absurd," he said.

The defence presented closing arguments Monday, and Rafferty's lawyer told the jury they shouldn't let the "unspeakable tragedy" of what happened to Tori overwhelm their deliberations.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the two and a half hours the little girl was being held against her will, Derstine told the jury.

The rest, he scoffed, is a fiction invented by a troubled woman who "perjured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine said.

Michael Rafferty's mother was at the London, Ont., courthouse. She said her son is not guilty of killing Victoria.

The Crown makes its closing address Tuesday.

THE CANADIAN PRESS

Mental Health Week

Monday kicked off Mental Health Week in Canada.

- One in five Canadians will experience a mental illness over the course of their lives.
- Each year the Canadian Mental Health Association helps 100,000 Canadians.

1st strategy for mental health

Planners at the Mental Health Commission of Canada are looking at the fight against cancer as an inspiration for their new campaign.

Their first ever national mental-health strategy issued on Monday envisions a complete rethinking of how society looks at mental health — much like the revolution around cancer three or four decades ago.

Nowadays, there is little stigma in discussing cancer of the most intimate body parts.

Finding funding for treatment is common cause for philanthropists and recreational joggers alike.

The cancer-research community is vibrant.

Advocates for better mental health can only dream of such national consensus and attention. But with a national strategy, there is a clear path to move those dreams closer to reality.

"The mental-health system should be there for everyone who needs it and now is the time to make this happen," the commission's lengthy report said.

THE CANADIAN PRESS

Putin sworn in for third term, hundreds protest

Kremlin. At least 120 detained by riot police outside the Russian leader's inauguration ceremony

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said while addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Quoted

"I consider serving the fatherland and our people to be the meaning of my whole life."

Russian President Vladimir Putin

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin. Police picked out anyone wearing the white ribbons that are the symbol of the anti-Putin protest movement.

The demonstrators, separated into several groups, were met by helmeted riot police. At least 120 were detained, including opposition leader Boris Nemtsov, who was grabbed while sitting at an outdoor cafe. In the evening, dozens of protesters gathered outside the presidential administration, and police detained them one by one, escorting them onto buses.

Police detain a protester during a rally in Russia. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Putin's inauguration came a day after an opposition protest drew more than 20,000 people, fewer than the mass demonstrations in the months that preceded his March election, but still a sign that the anger over Putin's heavy-handed return to the Kremlin has not faded. THE ASSOCIATED PRESS

South Korea. Powdered baby-flesh capsules seized

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease, officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into small pieces and dried on stoves before being turned into powder, the Korea Customs Service said.

Customs officials refused to say where the dead babies came from or who made the capsules, citing possible diplomatic friction with Beijing. Chinese officials ordered an investigation into the production of drugs made from dead fetuses or newborns last year.

The customs office has discovered 35 smuggling attempts since August of about 17,450 capsules disguised as stamina boosters, and some people believe them to be a panacea for disease, the customs service said in a statement. The capsules of human flesh, however, contained bacteria and other harmful ingredients.

The smugglers told customs officials they believed the capsules were ordinary stamina boosters and did not know the ingredients or manufacturing process.

Ethnic Koreans from northeastern China who now live in South Korea were intending to use the capsules themselves or share them with other Korean-Chinese, a customs official said. They were carried in luggage or sent by international mail. THE ASSOCIATED PRESS

Source

Chinese media identify northeastern China as the source of such products, especially Jilin province, which abuts North Korea. The Jilin food and drug safety agency is responsible for investigating the trade of such remains. Calls to the agency and to the information office of Jilin's Communist Party were not answered.

CIA intercepts another al-Qaida underwear bomb

The CIA thwarted an ambitious plot by al-Qaida's affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a sophisticated new design around the one-year anniversary of the killing of Osama bin Laden, The Associated Press has learned.

The plot involved an upgrade of the underwear bomb that failed to detonate aboard a jetliner over Detroit in on Dec. 25, 2009. This new bomb also was designed to be used in a passenger's underwear, but this time al-Qaida developed a more refined detonation system, U.S. officials said.

The FBI is examining the latest bomb to see whether it could have passed through airport security and brought down an airplane, officials said. It was not clear whether new body scanners used in many airports would have detected it.

There were no immediate plans to change security procedures at U.S. airports.

The Yemen-based would-be suicide bomber had not yet picked a target or bought a plane ticket when the CIA seized the bomb, U.S. officials said. It was not immediately clear what happened to the alleged bomber.

About the bomb

The CIA won't say much about the plan, except:

- **It's not a new idea.** This is the second attempt by al-Qaida to hide a bomb in underwear.
- **The device contained no metal parts.** This may have allowed it to get by most security systems.

Caitlin Hayden, spokeswoman for the White House, said President Barack Obama learned about the plot in April and was assured the device posed no threat to the public.

The operation unfolded even as the White House and Department of Homeland Security assured the American public that they knew of no al-Qaida plots against the U.S. around the anniversary of bin Laden's death. The operation was carried out over the past few weeks, officials said.

On May 1, the Department of Homeland Security said, "We have no indication of any specific, credible threats or plots against the U.S. tied to the one-year anniversary of bin Laden's death."

The AP learned about the thwarted plot last week but agreed to White House and CIA requests not to publish it immediately because the sensitive intelligence operation still was under way. Once officials said those concerns were allayed, the AP decided to disclose the plot Monday.

It was not clear who actually built the bomb, but because of its sophistication and its similarity to the Detroit bomb, officials suspected it was the work of Ibrahim Hassan al-Asiri or one of his protegees. Al-Asiri constructed the first underwear bomb and two other unsuccessful devices that al-Qaida built into printer cartridges and shipped to the U.S. in 2010.

The operation is an intelligence victory for the United States and a reminder of al-Qaida's ambitions, despite the death of bin Laden and other senior leaders. Because of instability in the Yemeni government, the group's branch there has gained territory and strength. It has set up terrorist camps and, in some areas, even operates as a de facto government. THE ASSOCIATED PRESS

Hollande still basking in win

Francois Hollande greets supporters as he leaves his campaign headquarters in Paris Monday, a day after unseating Nicolas Sarkozy in France's presidential election. He's promised to withdraw French troops from Afghanistan next year. AP PHOTO/REMY DE LA MAUVINIERE

U.S. election

Sarkozy loss an omen for Obama?

French President Nicolas Sarkozy's defeat could be a bad omen for U.S. President Barack Obama.

Sarkozy on Sunday joined a growing list of leaders swept aside by Europe's economic crisis. Some 11 have now fallen, including Italy's Silvio Berlusconi and Spain's Jose Louis Rodriguez Zapatero.

Sure, many European countries are in worse shape economically than the U.S. But there are some similarities, including broad voter skepticism that government programs are doing much to spur growth or produce jobs.

Polls show most Americans still think the country remains in recession, even though it technically ended almost three years ago. They also show Republican Mitt Romney leading Obama on handling economic issues.

That's bad for Obama, with the economy still the No. 1 election issue.

Romney often links the president to Europe, suggesting Obama "wants to make us a European-style welfare state." THE ASSOCIATED PRESS

Four Air Canada execs earning more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned $4 million in 2011, down from $4.55 million a year earlier, but higher than the $2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensation grew to $1.68 million, Dee's was $1.62 million, Smith made $1.37 million and Legge's was up to $1.15 million.

Rovinescu's compensation doesn't include the $5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request. The Montreal-based airline lost $249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to $11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS

Proxy report

- One of Rovinescu's key accomplishments was to manage through several actual and threatened labour disruptions, including a three-day strike by service and airport workers with minimal passenger disruption, said the proxy report.
- Air Canada is taking its annual shareholders meeting on the road this year to Calgary, headquarters of its chief rival WestJet Airlines.

Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan.

The bank has been operating in the region for nearly half a century, it said, and the move will expand its services to clients in the Middle East and North Africa.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.7¢ US (+0.25¢)

TSX 11,860.66 (-10.58)

OIL $97.94 US (-55¢)

GOLD $1,639.10 US (-$6.10)

Natural gas: $2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

UNEXPECTED LIFE LESSONS FROM MOM

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life. Sadly, the threat of flat feet and an orthotics dependency haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.

Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

Hats off to a clean sweep

PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY

Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

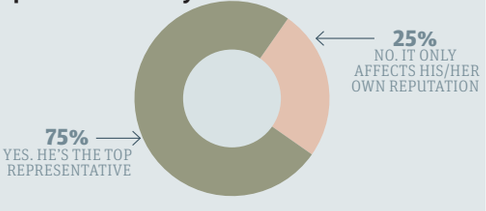
Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does a mayor's behaviour affect the reputation of a city?



Twitter

@MariJurzyniec: Nice weather is coming for @SKFashionWeek! Don't forget to dress your best #yqr!

@LoblawforMayor: @SKFashionWeek launches this week with 2 (of many) superb designers: Nadia NWL & Dean Renwick. Tix at http://saskfashionweek.com/ #YQR #WHYQR

@Canuckgirl: Great event @CornwallCentre launching @SKFashionWeek - get ur tickets #yqr http://yfrog.com/oeruxfij

@johnnyslicks: The spam and general bulls--- retweets in #YQR looks like my junk mail inbox on my 15 year old hotmail account.

@TheOtherAshleyM: Who has the best hot chocolate in Regina? #yqr

metro

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SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.
THE ASSOCIATED PRESS

On the web

Oops! Stradivarius cello worth $20M broken in accident in Spain

A new documentary about the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY
Metro World News in Boston

When award-winning director Kevin MacDonald (Last King of Scotland) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken (about Marley) before."

In the film, simply titled Marley, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Quoted

"(Many people have an) image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Marley director Kevin MacDonald on Bob Marley's work ethic and expectations of his band

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making The Last King of Scotland, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college stoners or Western people who chill out and love the vibe of it.

"It's also music that has a message that continues to appeal to people around the developing world. And that's the key about understanding Bob — he's the only Third World superstar.

"He didn't come from North America or Europe, he came from abject poverty, he grew up in a shack in the hills of Jamaica sleeping on an earth floor. ... So when you go to Indonesia, people have never heard of the Rolling Stones, but they've all heard of Bob Marley.

"In Nigeria, they've got streets and squares named after him."

DVD reviews

Underworld: Awakening

Directors. Mans Marlind, Bjorn Stein

Stars. Kate Beckinsale, Michael Ealy

As Underworld: Awakening opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckleheaded humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.
PETER HOWELL

The Vow

Director. Michael Sucsy

Stars. Rachel McAdams, Channing Tatum

Based on a true story, but more accurately inspired by the romantic fantasies that fuel many a Valentine's Day movie date, The Vow is an example of personal chemistry barely exceeding genre formula. Channing Tatum and Rachel McAdams are Leo and Paige, a couple who are all wrong for each other until they realize they're all right. Cupid wins, marriage ensues, but the cooing is silenced by the dump truck that sends Paige to hospital and her memory to limbo. She can't remember who Leo is and can't imagine he'd be her husband. There's no mistaking elements of The Notebook here, which McAdams also starred in, and director Michael Sucsy doesn't scrimp on the suds. But Tatum and McAdams make a fine pair.
PETER HOWELL

Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "'til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. '"Til death do us part' was a much different deal."

Messing is reportedly dating her Smash co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.

Debra Messing ALL PHOTOS GETTY IMAGES

Twilight star goes limp on Leno

A round of reshoots on the final Twilight movie has proved painful for lead actress Kristen Stewart, who admits she suffered a "puncture wound" to her foot while re-filming a vampire hunting scene in Vancouver last week, she admitted to Jay Leno.

"I wasn't trying to have ultimate swag when I walked out. I hurt my foot," she told the talk show host after limping as she made her entrance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA WEYMOUTH
scene@metronews.ca

Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.

Bynes isn't off the hook quite yet

While no further trouble seems to be coming Amanda Bynes' way from her recent hit-and-run incident, the same can't be said of her arrest for drinking under the influence last month.

In fact, formal charges are reportedly pending for the former Nickelodeon star, according to Radar Online.

"Amanda Bynes refused to take a breathalyzer test or blood test which is required under California law when someone is arrested for a DUI," a source says.

Amanda Bynes

3 LIFE

Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days.

An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

Science says that may be because most children in the studies were getting the zinc in a syrup and at a lower dose.

She says the modest benefit for adults taking zinc may not outweigh its adverse effects — a bad taste in the mouth and the likelihood of nausea.

Researchers say zinc did not improve severity of symptoms and more study is needed to determine what dose and type of zinc are best for shortening colds.

THE CANADIAN PRESS

On the Web

Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years

Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy. Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

Nimrod Eisenberg never wanted to enter the family business of medicine.

He went to theatre school against his parents' wishes, eventually working as an actor, an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents — albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses."

Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hananel Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

"Is it really true? I am not convinced. Not yet," Holzer said. "Of course we are all skeptical when we hear this.

"But the main objective is to make patients feel better, to see a smile on their face."

The mood in the waiting room did become noticeably lighter Thursday as Eisenberg cradled and rocked a teapot under his arm — which he called his "clown baby" — and joked with patients and nurses.

He even dropped to one knee to dramatically serenade one woman, who laughed in delight.

Later, with reporters, Eisenberg peeled off the rubber clown nose to speak earnestly about his passion for the unconventional profession. He swears it's no joke, and can actually make a real difference in people's lives — just like his own mom and dad have.

THE CANADIAN PRESS

New guidelines aim to reduce the risk of cardiovascular disease starting right from childhood. ISTOCK

Healthy hearts. Guidelines for children

The American Academy of Pediatrics recently created new guidelines to reduce the risk of cardiovascular disease starting from childhood, including the following recommendations:

Ages 2 and up: Your doctor should measure your child's height, weight and body mass index at every check-up. Have the doctor go over the results with you and, if necessary, explain what particular diet and activity changes could benefit your child.

Ages 3 and up: Your child's blood pressure should be measured yearly. As with BMI, ask your doctor to discuss the results with you.

Ages 9 to 11: A first cholesterol screening is recommended. Your child may need his or her cholesterol checked sooner if he or she has a parent whose total cholesterol is 240 or over or a close relative who has had a heart attack or stroke before the age of 55 (in males) or 65 (in females).

METRO NEW YORK

Dash of creativity creates a healthy dinner dish

Ingredients

4 portions
Preparation: 15 minutes
Cooking time: 20 minutes

- 125 ml (1/2 cup) fresh whole-wheat bread crumbs
- 50 ml (1/4 cup) shelled pistachios, finely chopped
- 2 cloves garlic, minced
- 1 ml (1/4 tsp) freshly ground black pepper
- 1 egg white
- 15 ml (1 tbsp) Dijon mustard
- 4 small white fish fillets (about 500 g/1 lb)
- 10 ml (2 tsp) canola oil

Chunky Roasted Red Pepper Sauce

- 5 ml (1 tsp) canola oil
- Half small onion, finely diced
- 30 ml (2 tbsp) chopped fresh flat-leaf parsley
- 1 jar (340 ml/12 oz) roasted red peppers, drained and diced
- 125 ml (1/2 cup) sodium reduced chicken broth
- 15 ml (1 tbsp) liquid honey

Fish. If you think healthy eating only consists of bland salads, think again. This recipe boasts a zingy pepper sauce

The soft meatiness of colourful pistachios contrasts with the crisp garlic crust of the fish. Choose catfish, tilapia, haddock or cod fillets.

1. In a shallow dish, combine bread crumbs, pistachios, garlic and pepper.

2. In another shallow dish, whisk together egg white and mustard. Coat fish fillets with mustard mixture and coat in bread crumb mixture.

3. In a large ovenproof nonstick skillet, heat 10 ml (2 tsp) oil; cook fish on medium-high heat for 2 minutes. Turn over and place in a 220 C (425 F) oven for about 8 minutes or until fish flakes when tested with a fork.

4. Meanwhile, in a small nonstick skillet or saucepan, heat 5 ml (1 tsp) oil over medium heat and cook onion and parsley for about 5 minutes or until softened.

5. Add peppers, broth and honey and bring to a simmer. Simmer for about 2 minutes or until some of the broth has evaporated. Serve over fish fillets. **DEVELOPED BY EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS**

Pistachio-Crusted Whitefish With Roasted Red Pepper Sauce

This recipe serves four. THE CANADIAN PRESS H/O

Firecracker almonds.
Hot-and-spicy snack is full of flavour & nutrition

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Anchovy oil pizza 101: Keep it simple

If anchovies gross you out, know this — compared to what people ate before there were anchovies, they're practically like cake and ice cream.

Until around the 16th century, there were no anchovies as we know them today: small silvery fish that are boned, salt cured and packed in oil.

Instead, there was garum — the juice of salted and fermented fish guts. Garum lost favour about 500 years ago when people learned how to make anchovies.

Anchovies, however, are not a singular fish. Most cuisines around the world have their own "anchovy," most of which tend to be variants of one variety of fish, a relative of the herring.

But given the potential 'ick' factor, why eat them? Simple — they are flavour bombs that lend serious pizazz to whatever they are added to. And the good news is that the flavour they impart isn't even a bit fishy.

Here's why. After months of salt curing, the dominant flavours in anchovies are from enzymes and good bacteria, not the flesh itself (of which there is little). The result is an intense blend of fatty, salty, savory, meaty, even a bit cheesy.

Even better, when you cook anchovies they dissolve, leaving behind a massive savoury flavour but no evidence that any fish were harmed in the making.

Anchovies are widely used in the cuisines of Spain, Portugal, Italy and France. In Turkey they are so prized they have inspired volumes of poetry, even folk dances. That is some serious anchovy love.

This recipe keeps the pizza simple in order to let the anchovy oil really shine. But if you prefer a heavy-duty pizza, by all means pile on the toppings.

Don't want to make your own flatbread? Use the same anchovy oil and toppings on a ball of pizza dough.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 3 tablespoons olive oil, divided
- 1/4 cup warm water
- 2 oil-packed anchovy fillets
- 2 cloves garlic, crushed
- Pinch red pepper flakes
- 2 cups baby spinach
- 1 cup sliced white button mushrooms
- 2 cups shredded fontina or other semi-soft cheese

1. Heat oven to 500 F. Spray 2 baking sheets with olive oil cooking spray.

2. In food processor, combine flour and salt, then pulse to combine. With processor running, add 1 tbsp of olive oil, then slowly drizzle in the water until the dough forms a tacky, but not wet ball. If the dough is too dry, add water 1 teaspoon at a time and pulse until it holds together easily when squeezed.

3. Transfer dough to lightly floured counter. Divide dough into 4 equal pieces. Using a floured rolling pin, roll each piece to the size of a large dinner plate. Place 2 flatbreads on each baking sheet and set aside.

4. In a small bowl, combine the remaining 2 tablespoons of olive oil, the anchovies, garlic and red pepper flakes. Mash with a fork until chunky smooth.

5. Use a pastry brush to coat each flatbread with the anchovy-oil paste, then top each with a quarter each of the spinach and mushrooms.

6. Finish each pizza with 1/2 cup of cheese. Bake for 10 minutes, or until lightly browned at the edges and the cheese is melted.

THE ASSOCIATED PRESS

All's unfair in love and war

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I have fallen for a great girl — the problem is she used to date my best friend, and although it's been years, I know she meant a lot to him. And it doesn't help that I was the guy he confided in while they were breaking up. She asked me out many times, and I avoided her out of respect for him, but I finally gave in and we really like each other. I asked him if he would mind if we went for drinks and he told me that if I did, it would be impossible for us to remain friends. Seriously?
BFF.

Jersey Shore BFFs Vinny, left, and Pauly D, definitely respect the 'guy code.' GETTY IMAGES

Claire: Dear BFF,

The saying 'All's fair in love and war' is ... total BS. It's all unfair — on both sides. He has good reason to be upset, and you have good reason to expect him to be less uptight after so many years.

I won't tell you it's a choice between your friend and the girl, because I think you might be able to have both ... eventually. But give your friend time, reach out to him regularly, and don't be shocked if you hear he made a voodoo doll in your image.

Strangely enough, your friendship has a better chance of surviving this if you and this girl become a long-term couple — that would show that you didn't take this risk for some fling. So good luck, on both fronts.

Andrea: Dear BFF,

You've probably heard of the "guy code" and thought that in this case, it no longer applied. But if this is your friend's reaction, it still does.

The choice you have to make is whether this girl is worth losing your friendship over or not. In my humble (and correct) opinion, it usually isn't. It doesn't mean you can never date her, but putting your relationship with your buddy first will allow him to see that your intentions are genuine, and that family ('brother from another mother' included) comes first.

He'll be more open to starting a conversation about boundaries versus jumping immediately to the defensive. Jumping into bed with her despite his wishes will only result in seriously complicated BBQs.

To gift or not to gift, that is the big question

When in doubt, just buy a gift. ISTOCK

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals (i.e. paid meals for meetings). What should I do when they don't expect a gift from me? It seems a bit rude to not get them a gift.
Signed,
To Gift or Not?

Dear To Gift or Not,

Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).

So firstly, since you are both her friend and attending the wedding, I think it is very appropriate for you to purchase something small for her to mark this important occasion.

Now the question is what to get, and how much to spend? If you were only attending the wedding as a guest, how much would you have spent? This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather than getting something all by yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

1) Don't ever spend more than you can afford.

2) Don't be extravagant — it may only make the recipient uncomfortable.

3) Doing all of the planning and organizing is a big job and can be a gift in itself.

I hope this helps, and have fun planning!

Keep that credit intact while co-signing a loan for your children

The parent trap. 'Dad, can you just sign here?' Know the consequences before you become responsible for your children's debts

YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings.

And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

Alison's money rule

"Co-signing a loan is exactly the same as lending cash out of your pocket."

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.

2. The loan will likely will appear on your credit report and may adversely affect your credit score, especially if payments aren't made on time.

Debt collectors could pursue you if the loan is in arrears.

3. Since co-signers are legally responsible for the loan, monitor it closely.

Happily, if you co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer consider the worst-case scenario. Can you afford the loss?

Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan?

Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than your child or for a child who has been away from home for some time, ask for a credit report.

This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it is noted.

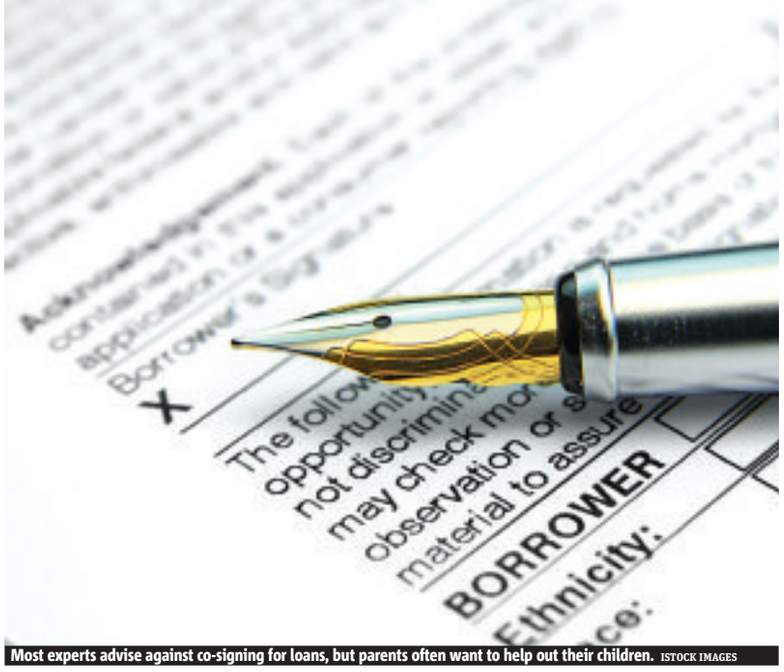
Most experts will advise against co-signing, but we as parents always want to help our kids.

Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Joint borrowing

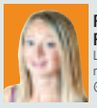
- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."



Most experts advise against co-signing for loans, but parents often want to help out their children. ISTOCK IMAGES

Your mortgage

Try to avoid hefty break fees



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Are you financially ready to be a home owner? ISTOCK IMAGES

Since selling my house and discovering my mortgage prepayment penalty would be a whopping $5,000, I've been hunting for ways to reduce the break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have already sold your property, prepay the mortgage up to the allowable limit. Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage.

You can do this through online banking or ask your lawyer to have the bank apply the allowable lump sum to the principle balance when the old mortgage is being paid out.

The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage prepayment calculator, I know that by paying an extra 10 per cent in principle on my mortgage balance, I can save $600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee. Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty) are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.

Overall, if the fee is too great, don't break your mortgage!

4

SPORTS

NHL

Top-seeded Rangers in fight again

For the second straight series, the New York Rangers faced a Game 5 at home all even with a team that finished far below them in the regular-season standings. But Rangers captain Ryan Callahan insists that the Washington Capitals and their team full of shot-blockers aren't in the heads of the top-seeded club. For the results of Game 5 between New York and Washington, visit metronews.ca/sports

MLB

"I was trying to hit him. I'm not going to deny it."

Philadelphia left-hander Cole Hamels on Sunday night, after he nailed Washington rookie Bryce Harper with a fastball in the small of the back in his first time up during the Phillies' 9-3 win. Major League Baseball suspended Hamels for five games on Monday for intentionally throwing at the 19-year-old Nationals phenom.

On the web

New York Knick Amare Stoudemire's choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he's hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

NHL

GM Gillis keeps job with Canucks

Mike Gillis will continue to call the shots for the Vancouver Canucks.

The club agreed to a contract extension on Monday with Gillis, who has served as the team's president and general manager for four seasons. THE CANADIAN PRESS

NHL

NHL finds owner for Phoenix Coyotes

The Phoenix Coyotes' ownership woes have apparently come to an end.

NHL commissioner Gary Bettman announced the league struck a tentative deal with a new ownership group led by Greg Jamison. THE ASSOCIATED PRESS

NHL commissioner Gary Bettman
GETTY IMAGES

MLB

Giants' Mota gets 100-game ban

San Francisco Giants reliever Guillermo Mota was suspended for 100 games on Monday for a positive drug test. The commissioner's office said the right-hander tested positive for Clenbuterol. THE ASSOCIATED PRESS

NBA

"I feel surprisingly great."

Ray Allen, Boston's 36-year-old shooting guard. Allen, along with Celtics teammates Paul Pierce, 34, and Kevin Garnett, 36, all appear to have some life in their old bones. The Big Three (plus Rajon Rondo) have led the Celtics to a 3-1 lead over the Hawks. Game 5 is Tuesday night in Atlanta.

Giroux banned for Game 5

NHL. Flyers star given one-game suspension for head hit on Zubrus

Claude Giroux has to watch Philadelphia's attempt at saving its post-season from the sidelines.

He can only hope he hasn't played his last game of the season with the Flyers.

Giroux was suspended by the NHL on Monday for his illegal check to the head on New Jersey centre Dainius Zubrus in Game 4 of the Eastern Conference semifinals. The punishment leaves the Flyers without their all-star forward and leading scorer as they try and rally from a 3-1 deficit.

Giroux will miss Tuesday's Game 5 at the Wells Fargo Center in Philadelphia.

Philadelphia's de facto captain in injured defenceman Chris Pronger's absence, Giroux defended his position with league disciplinarian Brendan Shanahan for about 15 to 20 minutes on Monday.

It didn't matter. Shanahan slapped Giroux with the first disciplinary action against him in an otherwise clean four-year career. Zubrus was not injured and returned to play. That didn't matter, either.

Shanahan said in a video statement that Giroux deserved the one-game ban because he targeted Zubrus' head.

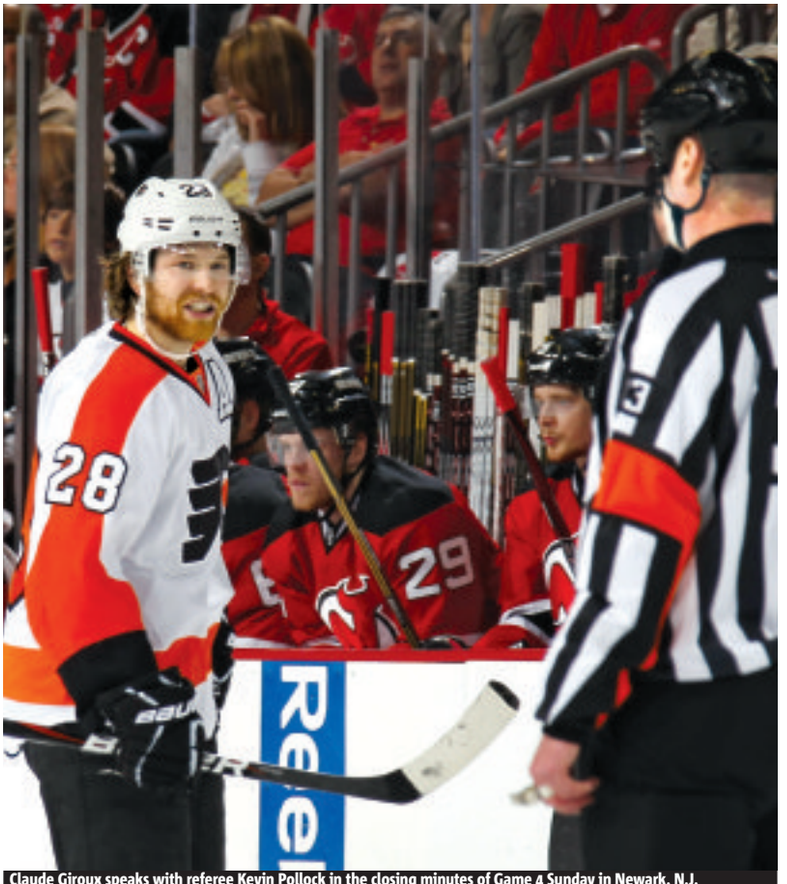
"When you look at this shift in its entirety, including the violent chop of the stick coupled with the lateness of the hit, we feel this reckless picking of the head rises to the level of supplemental discipline," Shanahan said.

Giroux was agitated when Devils goalie Martin Brodeur played the puck outside the trapezoid. Giroux barked at the officials before he skated straight at Zubrus and took out his frustration with the hit.

Zubrus said he was fine and ready to go for Game 5. THE ASSOCIATED PRESS

Giroux's response

- Giroux said in a statement after the announcement he respects the decision and wants to move on.
- Hours earlier at the Flyers practice facility, Giroux said he never intended to nail Zubrus in the head and he is not a dirty player.
- "My elbow was down. I didn't jump. I'm a pretty honest player," Giroux said. "I'm not a dirty player. I'm not out there to hurt anybody. I was just trying to finish a hit."



Claude Giroux speaks with referee Kevin Pollock in the closing minutes of Game 4 Sunday in Newark, N.J.
BRUCE BENNETT/GETTY IMAGES

Canada bounces back against France

Canada's Marc Methot, left, and France's Yorick Treille in action Monday in Helsinki, Finland. LEHTIKUVA, ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

Patrick Sharp knew exactly what he was getting when Ryan Nugent-Hopkins was placed on a line with him and Jamie Benn at the IIHF World Hockey Championship.

"He had a lot of success against the Blackhawks this year, I'm familiar with the type of player he is," Sharp said of Nugent-Hopkins. "He's a great skater, he handles the puck well and he can finish when he gets an opportunity as well."

It showed on Monday as the newly formed unit piled up the points during a 7-2 victory by Canada over France.

Nugent-Hopkins opened the scoring less than two minutes into the game and went on to add another goal and an assist while Sharp finished with a goal and four assists and Benn had two goals and an assist.

"It was a fun game," said Nugent-Hopkins.

Canada got exactly what it wanted from a game against one of the weaker teams at the event. Coach Brent Sutter thought Canada's overall defensive play was much better than Saturday's 5-4 overtime loss to the United States and his line juggling yielded some immediate results.

All and all, it was a step forward.

"There's still room for improvement," said Sutter. THE CANADIAN PRESS

Getzlaf in the papers

Canadian captain Ryan Getzlaf was flabbergasted at being linked to an incident at a Helsinki bar by Finnish media outlets.

- The reports said Regina's Getzlaf, Corey Perry and a couple other teammates were in an argument at a nightclub Saturday night.
- But Getzlaf said the reports were filled with inaccuracies.
- "Somebody tried to start an argument at the door. I said 'No! No! No!'" Getzlaf said. "It wasn't much more than that."

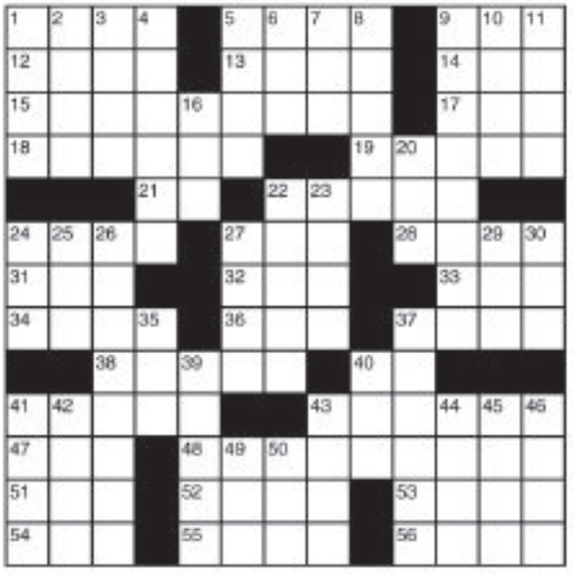
Crossword

Across

1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star
55 Existed
56 "CSI" actor George

Down

1 Cribbage props
2 Nashville entertainment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity
43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need
46 Tackles' teammates
49 Keatsian opus
50 Postal creed word



Sudoku

8		1				5		6
	7		8		6		4	
6								8
		5	6		8	3		
	8						1	
		4	9		7	8		
3								2
	6		2		9		7	
4		9				6		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	9	6	2	7	8	5	1	4
5	4	7	6	1	9	3	2	8
1	2	8	5	3	4	7	6	9
4	1	2	3	8	6	9	7	5
6	7	9	4	2	5	8	3	1
8	5	3	7	9	1	2	4	6
2	8	5	1	6	7	4	9	3
9	3	1	8	4	2	6	5	7
7	6	4	9	5	3	1	8	2

Yesterday's Crossword

P	A	P	A	■	W	I	T	■	H	E	A	T
E	G	O	S	■	A	C	E	■	O	U	C	H
E	U	P	H	O	R	I	A	■	B	R	I	E
R	E	S	E	A	T	■	M	O	N	O	D	Y
■	■	■	N	T	H	■	S	W	A	P	■	■
A	B	E	■	S	O	L	■	L	I	E	G	E
L	A	U	D	■	G	E	E	■	L	A	N	A
P	A	L	E	D	■	I	M	P	■	N	U	T
■	■	O	P	E	D	■	P	O	W	■	■	■
B	E	G	O	N	E	■	E	N	A	M	E	L
I	S	I	S	■	E	U	R	Y	D	I	C	E
N	A	Z	I	■	P	R	O	■	E	R	R	S
D	U	E	T	■	S	I	R	■	D	E	U	S

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCDUJXY VK.

QXGKSQ PI RGX YSUVPIY,

FPW JPWDY NUF RGUR GX

CDUFXY SI DSXW PB DPW.

Yesterday's Cryptoquip: WHAT SONG MIGHT SOMEBODY SING WHILE REMODELING APARTMENT WALLS? "GOODBYE, OLD PAINT."

Today's Cryptoquip Clue: R equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Aim to make money and move up in the world.

Taurus | April 21 - May 21. At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.

Gemini | May 22 - June 20. You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.

Cancer | June 21 - July 22. You know what you want but try not to be too pushy or impatient because that could cause resentment among those who don't share your hunger to succeed.

Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.

Virgo | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.

Libra | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.

Scorpio | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to mind their own business.

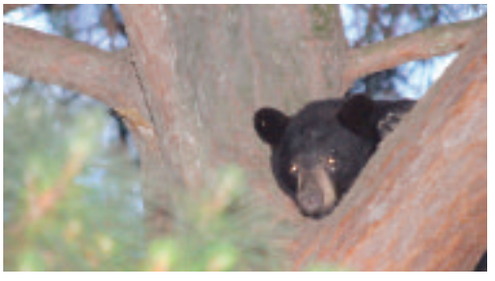
Sagittarius | Nov. 22 - Dec. 21. You need to shake things up a bit.

Capricorn | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.

Aquarius | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.

Pisces | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.

SALLY BROMPTON

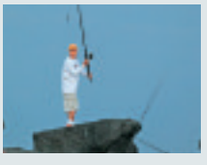


Caption Contest

"Peek-a-bear"
Debbie

COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy hard

METRO CUSTOM PUBLISHING PRESENTED BY SCOTIABANK

GET CASH BACK ON EVERYDAY PURCHASES

SINGLE PARENT WITH KIDS

Maureen, 42, is a single mom living in Halifax with her two children, Sandra, 8, and Billy, 12. She rents a three-bedroom apartment close to the Public Gardens and not far from the medical centre where she works as office manager. Her kids can walk to school, and although she has a car — she uses it for her weekly grocery shopping and for driving the kids to practices — Maureen takes public transportation to work. She's always watched her money and looks for good value from every dollar she spends.

Maureen has an annual household income of $45,000. Some months she lives pay cheque to pay cheque but "I have a budget, and I stick to it. Along with all the monthly expenses, I'm saving for the kids' education, and every summer we travel west to visit family in Winnipeg."

She uses her *Scotia Momentum*® VISA Card to pay for a lot of the everyday purchases she makes such as gas, groceries and drugstore purchases.

The *Scotia Momentum*® VISA Card gives her 2 per cent cash back on everyday purchases at gas stations, grocery stores and drug stores, as well as on recurring bill payments. It also gives 1 per cent cash back on all other eligible purchases. The cash back payout is automatically deposited into her savings account every November. While there's an annual fee of $39, Maureen has worked out the cash back she gets on purchases — and it's worth it.

"It makes sense for me to use the card because I get cash back on gas, groceries and other things that I have to buy anyway," says Maureen. At the same time, she likes to have the credit card as a safety net and tries to pay the balance every month.

Scotia Momentum® Cash Back Calculator

Maureen's profile:

Maureen uses her *Scotia Momentum*® VISA card to pay for about $885 worth of purchases a month. Some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

Grocery Store	$0 — 200 — 400	$ 300
Gas Station	$0 — 200 — 400	$ 100
Drug Store	$0 — 200 — 400	$ 75
Recurring Bills	$0 — 200 — 400	$ 90
Other	$0 — 200 — 400	$ 320
	Total Monthly	**$ 885**

Maureen's Estimated Annual *Scotia Momentum*® Cash Back

Maureen has a *Scotia Momentum*® VISA card (the card below on the left). Here's a look at the cash back her monthly purchases add up to with her card — and a comparison with what her cash back would add up to if she had the *Scotia Momentum*® No-Fee VISA card (the card on the right).

Scotia Momentum® VISA*

2%	$135.60	
1%	$ 38.40	
Total Cash Back		**$ 174.00**

Scotia Momentum® No-Fee VISA*

1%	$ 67.80	
.5%	$ 19.20	
Total Cash Back		**$ 87.00**

Visit scotiabank.com/momentumcashback to fill in your monthly purchases and see how your cash back can add up!

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VISA
Get up to 2% cash back with the Scotia Momentum® VISA* card[1].
You define richness. With a credit card that gives you up to 2% cash back on everyday purchases, we can help with the money part.
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Apply today at scotiabank.com/momentum
1 You will earn 2% Cash Back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5812, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% Cash Back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. Cash back is not awarded for cash advances, Scotia® VISA cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.
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